



# Toasted Sesame Seeds Bio 500 g Ecosana

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## Description

**ECOSANA Toasted Sesame** is obtained from 100% toasted sesame seeds from **organic farming**. If these seeds stand out for something, it is for their **very high calcium content**, much higher than milk. Just 25 grams of seeds are equivalent to 30% of the NRV\* (8 times more than milk for the same amount). This makes them of special interest to **vegans or allergy sufferers** who cannot take **lactose**. As they are oil seeds, they are very rich in essential fatty acids (mainly omega 6) and, in addition, they contain a source of lecithin (almost the same amount as soybeans) that gives them the effects of soy lecithin, as well as phytosterols and vitamins of group B. To be able to take advantage of their properties by the organism, it is recommended to grind them a little before consuming them. You can take them sprinkled or ground with yogurts, vegetable drinks, to flavor your salads or to provide a

crunchy texture to your recipes that give the last touch of flavor.

## Ingredients

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Toasted natural **sesame** seeds\*

\*From Organic Agriculture.

## Directions

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You can take them sprinkled or ground with yogurts, vegetable drinks, to flavour your salads or to provide a crunchy texture to your recipes that give the last touch of flavour.

Open and serve to taste. You can add them to your breakfasts combined with milk, natural juices, vegetable drinks or yogurts, in your salads... or for your pastry recipes.

## Presentation

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Contains 500 g

## Warnings

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Contains **Sesame**.

May contain traces of **Nuts and Soya**.

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

**Energetic Value**

**Quantity**

**2397 kJ / 573 kcal**

<b>Fat</b> <i>of which saturated</i>	<b>49,67 g</b> <i>6,96 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>11,70 g</b> <i>0,30 g</i>
<b>Fibre</b>	<b>11,80 g</b>
<b>Proteins</b>	<b>17,73 g</b>
<b>Salt</b>	<b>0,028 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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